

Weobley High School



KS3 Recipe book

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Key: GF-Gluten Free V- Vegetarian

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Frequently Asked Questions

Do I need to bring my own apron?

No. Your son/daughter will not require an apron, as the department has a set of PVC aprons.

I have an allergy, what should I do?

It's important to keep your teacher updated of any dietary requirements. Most recipes can be adapted to suit allergies. Please ask if unsure.

What if no-one in my family will eat my product?

You must bring a note from your Parents/Guardians to your Teacher at least two days before you are due to make the product.

I am worried that my family will not be able to afford my ingredients. What should I do?

You must bring a note from your Parents/Carers explaining the situation or they can phone or email Mrs Juliard, Subject Leader for Design Technology:
staffcj@weobleyhigh.co.uk

Can I get my ingredients from school?

Only small quantities of basic store cupboard ingredients are available if you forget an item.

How will I take my product home?

Pupils must bring a suitable container to take home a range of different foods. They must have a tight-fitting lid and the name of the pupil must be displayed clearly.

Where do I leave my ingredients when I get to school?

You must bring your ingredients to the Food Technology rooms which will be open from 8:45am. Refrigerators are available for perishable foods.

Where do I leave my finished product?

In the available space in the Food Technology rooms. Refrigerators are available for high risk foods.

I am worried that I may miss my bus to collect my ingredients. What shall I do?

You can ask your P5 subject teacher if you can leave a couple of minutes early (if you are the other side of the school).

Year 7 Recipes

Fruit Salad

4-5 fresh fruits (your choice).

250ml fruit juice

A sealable container e.g. a lunchbox to put the fruit salad in. (Labelled with your name and DT group)



Examples

1 red skinned apple

1 kiwi fruit

Banana

A few strawberries

A few black/ red / green grapes

Blueberries

Method

1. Pour **orange juice** into container.

2. **Apple:** core the apple on a plastic chopping board. Quarter and then cut each quarter into smaller pieces. Put in orange juice. If the apples don't go into something acidic like orange juice, they will go brown.

3. **Banana:** peel and slice evenly. Take time with this. Add to the juice.

4. **Kiwi** Cut both ends off. Use a peeler to take the skin off. Cut into slices and put into the juice.

5. **Grapes:** I do these last as they tend to sink to the bottom of the container.

6. **Stir the fruit salad.** You could get more colour into a fruit salad by using more red grapes or a red apple. Strawberries add a lot of colour, but are expensive at certain times of the year.

Notes:.....

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French Bread Pizza

1 small French stick (a Ciabatta loaf could be used instead)

100g Cheese (e.g. Cheddar or Mozzarella)

2 tbsp Tomato puree (approx) or cook sauce at home to bring into school

Your favourite toppings e.g. Ham, pepperoni, tuna, anchovies, mushroom, sweet corn, peppers, olives or pineapple.



Choose up to **three** topping ingredients (in addition to the cheese).

Don't forget to bring a suitable, labelled container to transport your pizzas home.

N.B If you prefer, you could make a tomato sauce at home:

Tomato sauce:

1 400g tin chopped tomatoes

1 small onion

1 dessertspoon of sugar

1 tablespoon of tomato puree

1 tablespoon of vegetable or olive oil

1 teaspoon of dried mixed herbs or basil

Method

1. Peel and finely chop onion.
2. Heat the oil in a saucepan and fry your onion until soft.
3. Add the tinned tomatoes, tomato puree, sugar and herbs.
4. Bring to the boil and then simmer for 15 minutes until the

Method:

1. Pre-heat oven 200°C
2. Prepare bread by cutting in half lengthways. Place on a baking tray
3. Prepare toppings e.g.-Slice pepper; grate cheese; cut ham etc.
4. Pizza Assembly: Spread on some of the tomato sauce or puree. Add your grated cheese and arrange toppings.
5. Place in the oven and bake for 10 minutes until cheese is lightly golden.

Notes:.....

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Bread Rolls

500g strong white, brown or wholemeal flour

1 teaspoon salt (from school)

1 tsp sugar (get from school)

1 tsp oil (get from school)

1 sachet dried yeast

325ml lukewarm water (get from school)



Method:

1. Tip the flour, yeast, sugar, salt and oil into a bowl. Pour over 325ml warm water, then mix with your hands until it comes together as a rough dough.
2. Tip the dough onto a surface. Knead the dough for at least 5 minutes.
3. Tip the dough onto a lightly floured surface and then divide into 6-8 pieces.
4. Roll each into a tight ball and put on a baking tray, leaving some room between each ball for rising.
5. Put bread rolls into a cold oven and heat to 250°C.
6. Bake for 20mins, until light brown and hollow sounding when tapped on the base.

Notes:.....

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Breakfast Muffins

150g self-raising flour
100g granulated sugar
1 tsp baking powder (get from school)
Pinch of salt (get from school)
1 small egg
125ml milk(approx.)
2 tablespoons sunflower oil (get from school)
Flavourings of your choice-see list opposite
6 muffin cases
Container/food bags to transport home

Muffin Flavour idea

1. 1 Banana
2. 100g dried fruit e.g. sultanas, glace cherries, raisins, apricots
3. 100g fresh berries- strawberries, blueberries, raspberries.

Flavourings: orange/lemon zest, cinnamon, ginger, vanilla etc)

Method:

1. Preheat your oven to 190°C. Line your muffin tins with the cases.
2. Sieve your flour, 1 teaspoon baking powder, pinch of salt, and any spices to your bowl.
3. Grate, mash or finely chop any fruit you may have.
4. Add your sugar, fruit to the flour bowl and make a well in the centre.
5. Beat the oil, milk and egg together in a measuring jug.
6. Gently stir into your flour mixture until it is combined.
7. Fill your muffin cases $\frac{3}{4}$ full.
8. Bake for 15-20 minutes.

Notes:.....

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Easter Nests

200g milk chocolate, broken into pieces

85g shredded wheat, crushed (you could use cornflakes or rice Krispies)

Bag of mini chocolate eggs

12 cupcake cases

Container to Transport Home



Method

1. Melt the chocolate in a small bowl placed over a pan of barely simmering water.
2. Pour the chocolate over the shredded wheat and stir well to combine.
3. Spoon the chocolate wheat into 12 cupcake cases and press the back of a teaspoon in the centre to create a nest shape. Place 3 mini chocolate eggs on top of each nest.
4. Chill the nests in the fridge for 2 hrs until set.

Notes:.....

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Chicken/Vegetarian Goujons

2 slices of bread (get from school)
1 chicken breast or Quorn fillets
25g plain flour
2 eggs



Optional Flavourings (choose 1 of these ideas or make up your own)

- Lemon and pepper chicken nuggets – zest of one lemon, few pinches of black pepper
- Herby Chicken nuggets – 2 teaspoons of dried herbs or 1 tablespoon of finely chopped fresh herbs e.g. parsley
- Parmesan Chicken nuggets - 1 tablespoon parmesan, 1 teaspoon dried herbs
- Chilli Nuggets - 1 teaspoon of chilli flakes or chilli powder

Method:

1. Preheat the oven to 180°C.
2. Mix the breadcrumbs with any flavourings. Put flour in food bag. Crack egg and beat with a fork.
3. Safely cut the chicken into strips to make evenly sized goujons. Put into food bag with flour and gently shake until coated.
4. Dip the chicken pieces in the beaten egg and finally coat in the breadcrumbs.
5. Lay the chicken goujons on the lined baking tray.
6. Bake in the oven for 15-20 minutes. Remove from the oven when completely cooked through (no pink) and golden-brown all over.

Notes:.....
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Fruit Crumble

500g frozen fruit or tinned fruit or stewed fruit

150g plain flour

100g sugar (50g for fruit 50g topping)

50g Butter or Margarine



Method:

1. Heat the oven to 190°C.
2. Place your butter and flour into a large bowl. Rub this mixture together using your fingertips, to make a light breadcrumb texture.
3. Add 50g sugar to the mix and combine with a tablespoon
4. Transfer your fruit into the oven proof dish, add 50g sugar (if needed) and stir.
5. Evenly sprinkle your crumble topping onto your fruit.
6. Bake in oven, for 20 minutes, until the crumble topping is golden.

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Year 8 Recipes

Salad in a Jar

You will need several layers of ingredients and a jar (large coffee, sauce, mayo, size) Obviously, a see-through bowl/container could be used as an alternative

Suggested foods to use per layer

Top of jar

5. Salad leaves.
4. Protein / dairy e.g. cooked meat, boiled eggs, canned chickpeas or red kidney beans, cheese, tuna, ham, salami, pancetta.
3. Softer vegetables or starchy carbohydrates e.g. Cucumber, avocado, tomato, cooked rice, pasta, couscous or quinoa.
2. Hard vegetables e.g. carrot, radish, sweet corn, peppers, beetroot.
1. Mayonnaise or salad dressing. Approx. 2 tablespoons.



Bottom of jar

Method:

1. Prepare the ingredients i.e. slice, chop, dice etc. and add to the jar in the above order.
2. Wash up using hot, soapy water

Storing: Screw the lid on tight and refrigerate, eat within one day.

Serving: Unscrew the lid of the jar and shake the salad into the bowl. The action of shaking the salad into the bowl is usually enough to mix the salad with the dressing. If not, toss gently with a fork until coated.

Notes:.....

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Scones

225g self-raising flour
50g butter or margarine
25g sugar
50g dried fruit or cherries
125ml milk

(For cheese take out sugar & fruit and add
50g grated cheese + salt & pepper)



Method:

1. Preheat oven to 200°C
2. Sift the flour into the bowl.
3. Rub the fat into the flour until it resembles breadcrumbs.
4. Stir in the sugar and fruit or add the cheese.
5. Measure out 100ml milk with measuring jug.
6. Pour in the milk and mix to form a soft dough.
7. Place the dough on a lightly floured work surface.
8. Using your hands, flatten the dough to about 2cm thick.
9. Shape around 5 scones using a cutter.
10. Place the scones on a baking tray and brush each top with a little milk.
11. Bake for 12 – 15 minutes, until golden brown.

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Pizza

(Base made in school last week)

100-150g cheese (mozzarella, cheddar etc)

3 additional toppings of your choice e.g:

- Peppers (red,yellow,orange, green)
- Onion
- Pepperoni, salami, cooked chicken, cooked sausage, cooked bacon, ham
- Pineapple
- Olives
- Mushrooms



For the Tomato Layer: Tomato puree, passata or BBQ sauce. You can buy pizza sauce or make your own tomato sauce and bring it in. The recipe is very flexible.

Method:

1. Base: Put strong plain flour (200g), $\frac{1}{2}$ sachet yeast and $\frac{1}{4}$ teaspoon salt into a large bowl. Rub in 25g margarine until breadcrumbs. Pour in 125ml warm water. Make dough and knead until stretchy. This will be made in one lesson.
2. Preheat oven to 200°C
3. Roll out the pizza base on to a floured surface. Place on baking tray.
4. Make your stuffed crust (if you are doing one) by sprinkling cheese around the edge of the base, then folding over to seal it in.



5. Spread tomato layer on to the pizza base, leaving a 2 cm gap from the edge.
6. Add cheese and toppings.
7. Bake for 10-15 minutes.

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Cheese Straws

100g plain white flour (or 75g plain
25g wholemeal flour)

½ x 5ml spoon of mustard powder &
pinch salt (get from school)

50g butter or baking fat/block

50g cheddar cheese

2 tablespoons cold water



Method

1. Preheat the oven to 200°C or gas mark 6.
 2. Grease or line the baking tray.
 3. Sift the flour, salt and mustard powder into the mixing bowl.
 4. Using your fingertips, rub the fat into the flour until it resembles fine breadcrumbs.
 5. Grate the cheese and stir the cheese into the flour mixture.
 6. Using a palette knife, mix to form a smooth dough, adding a little cold water to help bind the mixture together.
 7. Roll out, on a lightly floured surface, to form a rectangle about 0.5cm thick.
 8. Trim away the edges and cut into thin strips, about 1.5cm x 7cm, using a palette knife. Place the straws on the baking tray.
10. Bake for 10 minutes, until golden brown. Allow to cool before transferring from the baking tray into your container.

Notes:.....
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Frittata

3 eggs
1 small onion or 3 spring onions
50g chorizo or ham (leave out if vegetarian)
50g cheddar cheese, grated
A small potato
Please feel free to substitute any ingredients (could add vegetables e.g. peppers, mushrooms, sweetcorn.

A suitable container to transport it home



Method:

1. Pre-heat the oven to 190 °C
2. Peel and cube your potato. Add to a pan half full of water and time for 10 minutes from boiling.
3. Crack your 3 eggs into the large bowl and beat with a fork
4. Peel and finely chop your onion or wash and finely slice your spring onion (ask if unsure how to prepare) Add to egg mixture.
5. Cut your chorizo or ham into small pieces and add to the egg mixture. Prepare any other extra ingredients.
6. Drain your potatoes in a colander and add to the egg mixture.
7. Pour into the liner in your cake tin. Sprinkle with your grated cheese.
8. Bake in the oven for 20 minutes until the cheese is golden and the eggs have set (give it a gentle wobble).

Notes:.....

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Savoury Rice

1 onion or 3 spring onions

100g mushrooms

1 red pepper

50g sweet corn or peas

1 tablespoon oil (from school)

75g long grain or Basmati rice

1 stock cube

1 teaspoon curry powder (from school)

400 ml water (from school)

Labelled container to carry food home (a lunch box is ideal)



Method

1. Prepare vegetables. Peel and slice onion. Slice the tomato. Clean and slice mushrooms. Deseed and slice pepper.
2. Fry onion, mushrooms and pepper, tomatoes, peas / sweet corn in the oil for 3-4 minutes.
3. Stir in the rice, crumbled stock cube, curry powder and water. Simmer for 20 minutes or until rice is tender and all of the water is absorbed.
4. You MUST wash up whilst your savoury rice is cooking

Notes:.....
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Spaghetti Bolognese

250-500g minced beef or Quorn Mince

1 onion

1 clove garlic

400g chopped tomatoes or passata

1 tbsp tomato puree

1 teaspoon mixed herbs (can get from school)

1 beef or vegetable stock cube

4 mushrooms (optional)

A container to transport your bolognese home



Method:

1. Peel and thinly slice onion. Peel and finely chop or crush the garlic.
2. Wash mushrooms (if using) and cut into thin slices.
3. Put mince into pan, making sure the paper is taken off.
4. Put the mince on to a medium heat and cook until brown.
5. Add the onions and garlic and fry for a few more minutes until soft.
6. Add tinned tomatoes (if it sizzles and spits, turn the heat down)
7. Add puree, mushrooms, crumble in stock cube and mixed herbs. Simmer on a low heat for 15 minutes.

Notes:

Serve with cooked spaghetti at home (it tends to go rubbery if you cook in school and reheat!)

Halloumi Skewers

1 packet (225g) halloumi cheese
(approx. £2.50)

1 red pepper

1 red onion

1 courgette (other suggestions: cherry tomatoes or mushrooms)

Container to transport home



Please note: Skewers and marinade are provided by school

Method

1. Preheat oven to 200°C
2. Cut the halloumi into cubes. Put your prepared cubes on to a plastic plate.
3. Prepare vegetables by cutting into chunky slices (see image)
4. Assemble skewers by alternating between cheese and vegetables.
5. Place your completed skewers on the plastic plate
6. Brush all over with the pre-prepared marinade
7. Place skewers on baking tray
8. Put baking tray into the oven (using oven gloves!)
9. Bake for 10 minutes, remove from oven, place on pan stand.
10. Leave to cool slightly before transferring to your container (skewers are hot!!)

Notes:.....

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Oreo Truffles

154g packet Oreos
75g soft cheese
Just a few drops vanilla extract
100g chocolate to coat
Container to Transport Home

Method:

1. Crush the biscuits in a food bag using a wooden spoon. Tip the crushed biscuits into the mixing bowl.
2. Mix the biscuits with the soft cheese and vanilla using a wooden spoon.
3. When the consistency is firm (not sloppy), use your hands to shape into small balls.
4. Place your truffles in a single layer in a container or on a tray. Wash up the bowl.
5. Break the chocolate into pieces and place in the bowl.
6. Put the pan and water on the hob on 6. When the water is simmering, turn the hob down to 2. Take care with the hot water/hot pan/hot bowl.
7. Carefully lift the bowl off the pan and place on a pot stand. Remember to turn off the hob.
8. Using a teaspoon, drizzle the melted chocolate over the truffles.



Notes:.....

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Year 9 Recipes

Stir Fry

| Meat or alternative (choose 1) | Vegetables etc. (choose 3 or 4) | Other ingredients |
|---|--|--|
| 1 or 2 chicken breasts 150- 200g pork tenderloin 150 – 200g quick fry beef steak 200g quorn chunks | Onion or salad onions Mushrooms Red, yellow or green pepper Carrot Courgette Bean sprouts Baby sweetcorn Mange tout Chinese cabbage Spinach | Sauce e.g. Ready - made stir fry sauce or Soy sauce |

Method:

1. Slice, dice, peel and chop vegetables on a white chopping board.
2. Cut the meat into thin strips on a red chopping board.
3. Add the oil in the frying pan.
4. Stir fry the meat for approx. 8 minutes until it changes colour and is cooked.
5. Add the vegetables and stir fry for a further 5 minutes.
6. Stir in the sauce and simmer for two minutes.
7. Put into your container and wash up.



* Your stir-fry can be served with rice or noodles at home.

Notes:.....

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Cheesecake

75g margarine or butter

150g plain biscuits e.g.

digestive, rich tea, shortbread or hobnob etc.

150ml double cream

200g full fat soft cream cheese

50g caster or icing sugar

1 lemon (juice)

fresh, tinned or frozen fruit (defrosted) to decorate at stage 6



METHOD

1. Crush the biscuits in a food bag using a rolling pin.
2. Melt the margarine or butter over a low heat. Stir in the crushed biscuits.
3. Press into the base of the dish and put to one side.
4. In a small bowl, using an electric whisk, whisk together the double cream, soft cream cheese and sugar until thick and creamy. If making LEMON CHEESECAKE - don't forget to add the juice of one lemon at this stage too.
5. Pour filling over the biscuit base and spread evenly. Be careful not to pick up the biscuit crumbs.
6. Decorate with fresh fruit or you can leave it plain if you prefer.

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Sweet and Sour Chicken

2 chicken breasts or approx. 200g Quorn pieces
1 227g tin pineapple in juice
1 tablespoon sugar
1 airtight container to transport your food home

Optional ingredients:

Onion, red pepper, mini sweetcorn, beansprouts

School will Provide all sauce ingredients below:

½ tsp ground ginger
1 tablespoon oil
1 tablespoon cornflour
1 tablespoon vinegar
1 tablespoon soy sauce
1 tablespoon tomato puree
Salt and pepper



Method:

Sweet & Sour Recipe Mat

1 Open your tin of pineapple and drain the pineapple juice into a measuring jug. Make up to 250ml with cold water if not enough.



4. Cut the chicken into small pieces on a red board. Put oil in the pan and cook the chicken until white on heat number 5.



5. Add vegetables and fry for a further 3 minutes. You may need to turn down to 3 if sputtering.



Equipment List

White Chopping Board, Red Chopping board, Vegetable Knife, tin opener, tablespoon, teaspoon, saucepan, wooden spoon, pan stand.



3. Cut the onion and pepper into even squares. Cut pineapple into chunks. Keep on the chopping board.



6. Pour sauce into the pan. Bring to the boil and simmer on number 2 for 5 minutes.

Mini Carrot Cakes

75g margarine

1 large carrot

100g caster sugar

100g self-raising flour

$\frac{1}{2}$ tsp baking powder (get from school)

1 tsp cinnamon (get from school)

1 large egg

75g sultanas/raisins

6 Muffin Cases



Method:

1. Preheat the oven to 200°C or gas mark 6 (180°C for school ovens)
2. Melt the margarine in a saucepan on a low heat (number 3)
3. Top and tail, and then peel and grate the carrot.
4. Combine the carrot, sugar and margarine in the large mixing bowl.
5. Sieve in the flour, $\frac{1}{2}$ tsp baking powder and 1tsp cinnamon
6. Beat the egg in a small bowl, and then add to the mixture.
7. Mix in the sultanas or raisins
8. Divide the mixture equally between the muffin cases, using the two metal spoons. You will only make 6!
9. Bake for 20 minutes.

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Pasta Salad

100g Pasta Shapes

50g Protein e.g. Cooked Chicken, Tuna, Cooked bacon, Ham, Cheese

2-3 Vegetables e.g. Small onion, 3 spring onions, $\frac{1}{2}$ pepper, 4 cherry tomatoes, grated carrot, $\frac{1}{2}$ tin sweetcorn

3 tbsp Coating e.g. mayonnaise, 2-3 tbsp pesto, 3 tbsp soft cheese, salad dressing.

Flavouring- Optional: Mixed herbs, Fresh chilli/chilli flakes, garlic, mustard.



Method:

1. Fill a saucepan half full with water and bring to the boil. Add your pasta and boil for 10-12 minutes until al dente.
2. Meanwhile, prepare any vegetables for your salad by washing and finely dicing.
3. Drain your pasta in a colander and rinse through with cold water. Put into your container. Add your prepared vegetables and stir.
4. Add your chosen protein (chicken, tuna, cheese etc) and stir.

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Sausage Plait

1 packet ready-made puff pastry
8 sausages or ready-made sausagemeat
Pinch salt & pepper
½ teaspoon mixed herbs (optional)
1 egg, beaten (for glazing)

Method:

1. Preheat the oven to 200°C.
2. Peel and mash the sausages in a bowl (not necessary if sausagemeat)
3. Roll out your pastry
4. For a plait you need to cut slits downwards on each side of the pastry and put your sausagemeat in the centre. Wet the slits of pastry and alternate plaiting.
5. Brush with beaten egg.
6. Bake plait for 25 to 30 minutes, you may want to turn the oven down after 15 minutes to avoid over-browning.



Mozzarella and Pesto Slice

1 Packet ready-rolled puff pastry
1 x 125g mozzarella balls or grated
4 cherry tomatoes
1 ½ tablespoons pesto or tomato puree
Optional- handful of fresh basil

Method:

1. Unroll puff pastry and cut into 6 squares. Place the squares on a tray lined with greaseproof paper.
2. Drain the mozzarella over the sink and cut into pieces.
3. Mix the mozzarella and pesto in a small bowl.
4. Slice the cherry tomatoes.
5. Wash and rip the fresh basil in pieces if using.
6. Place the cheese in the centre of the pastry square. Add the tomatoes and basil.
7. Brush around the edges of the square with egg wash.
8. Fold pastry from corner to corner.
9. Brush with beaten egg.
10. Bake in the oven for 15 minutes until golden.



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Lasagne

500g minced beef
Jar of pasta sauce
6 lasagne sheets (get from school)



For the Cheese Sauce:

500ml milk
50g margarine or butter
50g plain flour
Salt & pepper (get from school)
150g cheese, grated

IMPORTANT: ovenproof dish

Method:

1. Preheat oven to 200°C
2. Dry fry the mince in a saucepan until brown. Drain away any excess liquid (do not put down sink)
3. Add jar of tomato sauce. Simmer whilst you prepare the cheese sauce.
4. Put the milk, margarine and flour into a saucepan. Bring to a simmer whilst stirring continuously (the sauce will go thick just before it simmers), remove from heat and add ¾ of your grated cheese, stir until all melted.
5. Put half of your mince into ovenproof dish. Top with 3 sheets lasagne. Pour over half of your cheese sauce. Repeat finishing with the cheese sauce.
6. Sprinkle on the remaining cheese and bake in the oven for 25-30 minutes.

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Rock Cakes

200g Self-raising flour

Pinch of salt

75g butter or block margarine

75g caster sugar

75g dried fruit or 50g glace cherries

1 egg

1-2 tablespoons water



Method:

1. Pre-heat the oven to 200°C
2. Sieve flour into large metal bowl
3. Rub butter/margarine into the flour until it resembles breadcrumbs
4. Stir in the sugar and dried fruit (or chocolate!)
5. Whisk the egg in a jug, pour into flour bowl
6. Add 2-3 tablespoons of water
7. Mix gently, then spoon onto a baking tray- make 6
8. Bake in the oven for 15 minutes- check the clock

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Brownie Bites

150g dark chocolate (value works fine)
85g butter
2 eggs
175g sugar (granulated, caster or light brown sugar will be fine)
½ teaspoon vanilla extract (get from school)
Pinch of salt (get from school)
75g plain flour (can be replaced with gluten-free flour)
12 muffin/cupcake cases



Method:

1. Pre-heat oven to 170°C. Put 12 cases in a muffin tin.
2. Break chocolate into pieces and put in pan with butter. Melt on heat number 2.
3. Put saucepan on a pan stand and leave for 5 minutes
4. Pour sugar into melted chocolate mixture and whisk until combined.
5. Add the eggs and whisk into the chocolate mixture. Stir in the vanilla extract. Mix in the flour cocoa powder, salt and whisk until smooth.
6. Spoon mixture equally into cases and bake for 15-20 minutes.

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Shortcrust Pastry

200g plain flour

100g fat

Pinch salt

2-3 tablespoons

cold water

½ jar of jam, mince meat or tin of apple pie filling



Method

1. Pre-heat oven to 180 °C
2. Sieve flour and salt into a bowl. Rub in the fat until the mixture resembles breadcrumbs.



3. Add 2-3 tablespoons cold water and mix with a spoon. Using one hand, bring the dough together into a ball.



4. Roll out on to a floured surface, approximately pound coin thickness. Cut into 12 rounds (6-9 for pies)



5. Put pastry circle into bun tin and press gently.

Add one teaspoon jam into each pastry case.

For apple or mince pies, you might need two heaped spoonful's.

6. Bake for 15 minutes until pastry is golden and jam is bubbling.

Vegetarian Tomato & Pasta bake

1 tablespoon oil (get from school)
1 tbsp tomato puree (get from school)
1 teaspoon mixed herbs (get from school)
1 large tin chopped tomatoes
1 onion
100g mozzarella or cheddar cheese
150g pasta shapes
Ovenproof dish



Optional- you could add **one** or **two** vegetables e.g. 4 mushrooms, red pepper, small courgette, 250g spinach

Method:

Ingredients
1 tablespoon oil
1 tbsp tomato puree
1 tsp mixed herbs
tin chopped tomatoes
1 onion
100g cheese
150g pasta
Optional- vegetables



1. Pre-heat oven to 180°C. Fill a pan half-full of water and bring to the boil.



2. Boil Pasta for 10-12 minutes until 'al dente'.



3. Peel and finely chop onion. Prepare any other vegetables.



4. Drain pasta in a colander over the sink. Tip pasta into your dish.



5. Heat the oil in the pan with the vegetables (except spinach) and fry for 5 minutes.



6. Add the tinned tomatoes, 1 tablespoon puree, teaspoon herbs and spinach if using. Simmer on number 3 for 5 minutes.

7. Add cooked pasta and stir. Pour into dish and sprinkle with grated cheese. Bake for 15 minutes until golden.



Notes:.....

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Chicken Curry and rice

2 chicken breasts

1 large tin chopped tomatoes

1 tablespoon tomato puree

1-2 tablespoons curry powder or
tablespoon curry paste

1 beef stock cube

1 onion

1 tablespoon oil

Optional- 1 small pot natural yoghurt



Method:

1. Peel and thinly slice the onion.
2. Cut the chicken into small pieces
3. Put oil in the pan and cook the chicken until white.
4. Add the onions and any other vegetables. Fry for a few more minutes. Add the tinned tomatoes (if it sizzles and spits, turn the heat down)
5. Add puree, crumble in stock cube and add curry powder or paste.
6. Simmer on a low heat for 15 minutes. Add the yoghurt and simmer for a further 5 minutes.

Notes:.....

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Year 9 Food Waste Practical Task

6 groups

Ingredients

3 slices of bread

1 Potato

½ Banana

Cinnamon and Sugar

6 Fairy cake cases

1 heaped spoon of butter (already in pan)

1 egg, 50g butter, 50g Caster Sugar, 50g Self-Raising Flour

Optional: Cajun Spice or Mixed Herbs

Equipment: Saucepan, Pan Stand, 2 x Baking tray with parchment, Wooden Spoon, Fork, Vegetable knife, Peeler, Mixing Bowl, teaspoon, Bun tin



Pre-heat oven to 190°C

Banana Cakes

1. Cream the butter and sugar together in a mixing bowl with a wooden spoon until pale and fluffy.
2. Crack in egg and mix until combined (it may look curdled at this stage)
3. Add in the self-raising flour and stir.
4. Mash the banana against the side of the bowl with a fork and stir in.
5. Divide between 6 cake cases with a teaspoon and bake for 15-20 minutes



Potato Peel Crisps and Chips

1. Peel the potatoes and put the peel on a baking tray. Drizzle with oil and mix with salt and pepper.
2. Cut the rest of the potatoes into chips using a vegetable knife. Repeat instructions for the potato peel chips. Bake on the same tray. Potato peel crisps approx. 20 minutes, the chips may take up to 30 minutes.



Cinnamon Bread treats

1. Melt butter in a sauce pan
2. Take off heat and put on pan stand
3. Add the sugar and cinnamon mix and stir with a wooden spoon.
4. Add the sliced bread pieces and stir in the buttery cinnamon mix. Coat evenly and spread on to a baking tray. Bake for 8-10 minutes until crisp.



Dutch Apple Cake Recipe

100g caster sugar
100g soft margarine
2 eggs
100g self-raising flour
1 eating apple
1tsp cinnamon (get from school)
2tsp demerara sugar (get from school)
A suitable container to transport your cake home in



Method:

1. Preheat oven to 180C. Grease and line a 20cm cake tin.
2. Cream the margarine and sugar together until light and fluffy. In a separate bowl, beat the eggs with a fork.
3. Mix the eggs, a little at a time to the margarine and sugar. Sieve in the flour.
4. Spread the mixture into the cake tin.
5. Core the apple and slice thinly. Arrange the apple slices over the cake mix and then sprinkle the cinnamon and sugar on top.
6. Place in the oven and bake for around 20 minutes, until golden brown and springy to the touch.

Notes:.....

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Easter Shortbread Biscuits

150g plain flour

50g caster sugar

100g butter or margarine

½ teaspoon vanilla extract



Method:

1. Preheat the oven to 160°C
2. Place flour, butter and sugar in a large mixing bowl.
3. Rub the butter into the flour mixture until it looks like breadcrumbs.
4. Add the vanilla extract
5. Gently knead the mixture until it forms a ball. This may take a bit of time.
6. Roll out on a floured surface until 0.5cm thick and use a cutter to make individual biscuits.
7. Bake for 10-15 minutes until it is a pale golden brown
8. Remove from oven and allow the shortbread to cool before trying to move off the baking sheet.

Notes:.....

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Savoury Mince Puff Pastry Pie

500g minced beef or Quorn

1 small onion

1 tablespoon tomato puree
(optional)

1 dash of Worcestershire Sauce
(optional)

1 beef oxo cube

1 carrot (optional)

1 tablespoon plain flour

1 sheet of ready rolled puff pastry

2 foil trays or ovenproof dish



Method:

1. Preheat the oven to 200°C
2. Peel and finely chop the onion
3. Peel and dice the carrot
4. Put minced beef into the saucepan, add the onion (plus carrot if using) and cook until brown.
5. Crumble in oxo cube, salt and pepper, flour, tomato puree and Worcestershire sauce.
6. Add 100ml water (more if required)
7. Simmer for 5 minutes
8. Pour mince into the ovenproof dish.
9. Cut to size and lay the pastry sheet over the mince or you can attach to the edge of your dish.
10. Brush with beaten egg (from school)
11. Place on a baking tray and bake for 20-25 minutes until golden.

Notes:.....

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The End